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What's The Best Way To Release Freshwater Fish Unharmmed?



CDFW

Catch and Release

Q: What's the best way to release freshwater fish unharmmed?

A: The California Department of Fish and Wildlife (CDFW) recommends these five tips:

Land your fish as carefully and quickly as possible.

Try to avoid removing the fish from the water. Underwater unhooking and release is preferred.

Do not squeeze the fish, or touch its eyes or gills.

Remove only those hooks that you can see and remove easily, otherwise clip the line near the mouth on deep hooked fish.

Use artificial lures (no bait) to minimize deep hooking. Barbless hooks or hooks with flattened barbs make unhooking easier and less stressful on the fish.

For more information see CDFW's 2021-2022 Freshwater Sport Fishing Regulations (PDF).

Pintail Limit

Q: I saw lots of pintails while duck hunting in the Sacramento Valley this past season. I never had any trouble shooting my one per day pintail limit. Since there seems to be so many pintail, why are hunters limited to just one?

A: While pintail populations may appear healthy and plentiful in California in the fall and winter, habitat loss and other changes in the northern breeding grounds have greatly reduced the conti-

mental population of pintails, which has led to the one-bird limit.

Each year, the U.S. Fish and Wildlife Service (USFWS) establishes regulation frameworks for migratory bird hunting. California must set its waterfowl hunting regulations within those frameworks which state the earliest dates that waterfowl hunting may open, the maximum number of days hunting can occur, the latest dates hunting must close and the maximum daily bag limit. In California, the California Fish and Game Commission is responsible for adopting annual regulations pertaining to waterfowl hunting including opening and closing dates.

Although states must set waterfowl hunting regulations within federal frameworks, they may adopt more stringent regulations. California does this via the Commission.

Northern pintail breeding population indices declined from the late 1970s through the early 1980s. At one time, the continental breeding population estimate was as high as 10 million pintail. However, by 1991 the estimated population was reduced to 1.8 million. Similarly, recruitment indices (measured by the number of immature birds to adults in the bag) steadily declined. Even with recent record numbers of other dabbling duck species, pintails remain well below their long-term average.

In 2010, USFWS and the Flyway

Councils developed an adaptive management framework to inform pintail harvest decisions. The current protocol allows for open season when the observed breeding population is equal to or greater than 1.75 million birds and either a one or two bird daily bag limit. For the 2021-22 season, the federal frameworks for pintail allowed for a 107-day season and one-bird daily bag for pintail.

California duck hunters see so many pintails each season because most of the North American pintail population winters in California and elsewhere along the Pacific Flyway. USFWS estimates that hunters in the Pacific Flyway account for about 55 percent of the nationwide pintail harvest.

Sea Otters

Q: I recently vacationed in Aptos and found a dead sea otter on the beach. A park ranger said CDFW would collect it because they monitor sea otter causes of death. What typically kills sea otter?

A: CDFW has been monitoring sea otter mortality since 1968 to determine how to best care for injured or oiled sea otters and how to help recover California's sea otter population. In recent years, the leading cause of death for sea otters has been bites from white sharks. Sharks bite sea otters to determine if they are prey, but sometimes decide they're not worth eating because

CONTINUED ON PAGE 8 →

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California Outdoors Q&A

← CONTINUED FROM PAGE 6

they don't have blubber like other marine mammals. Unfortunately, most sea otters that are bitten die from their wounds.

CDFW recently reviewed data from more than 500 sea otter necropsies and found that other causes of death include parasitic infections (mostly from land-based parasites) and poisoning by domoic acid. Investigation of sea otter mortality is supported in part by the California Sea Otter Voluntary Contribution Fund. The public can help by donating to this fund on line 410 of the California state income tax form! Please visit wildlife.ca.gov/Tax-Donation for more information.

For more information visit CDFW's Sea Otter Stranding Response webpage.

♦
If you have a question you would like to see answered in the California Outdoors Q and A column, email it to CalOutdoors@wildlife.ca.gov.

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Supporting U.S. Troops in Eastern Europe



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(STATEPOINT) As U.S. troops support NATO allies in Eastern Europe amid the crisis in Ukraine, efforts are being made to boost morale and connect service members to friends and family back home.

Sudden deployments like these are incredibly challenging for military families. One moment, a family is making plans for the weekend and deciding who will pick up groceries on the way home — and the next, a service member is packing their bags in a rush, canceling that vacation they had planned and saying goodbye to their spouse, children and friends. Suddenly, life goes from everyday normalcy to life on the frontlines.

“This is something they train for. Soldiers do layout after layout preparing to grab their bags and go at a moment’s notice,” said the spouse of a soldier at Fort Bragg.

However, no matter how much a spouse mentally prepares, nothing can explain the way it feels to watch them walk out the door. According to the Blue Star Families 2020 Military Lifestyle Survey, deployment and time spent away from family were two of the top five issues facing active duty, Reserve and National Guard families today. To support troops and military families, USO staff and volunteers in the United States and Europe are working around the clock to deliver helpful resources. These efforts include:

- Providing Wi-Fi and call centers to keep service members connected to

family back home. This is particularly important for the thousands of troops in Eastern Europe who otherwise have no access to cell phones and laptops.

- Distributing care packages, to ensure service members feel valued and supported. Packages include hygiene kits with essential toiletries, and snack packs with foods that remind them of home.

- Sending USO2GO and portable boxed programs to military units on the move, which include snacks, toiletries, games and sports equipment to keep troops entertained while giving them much-needed opportunities for relaxation.

- Providing hot meals to deployed service members, as well as their families at home.

- Offering a place to relax at USO locations throughout Europe, including a newly opened center in Poland and unstaffed centers in Eastern Europe.

- Delivering thousands of blankets, beanies and hand warmers to those operating in extremely cold environments.

- Supporting military families on the home front with community-building

activities, opportunities to communicate with deployed loved ones, and other essential resources.

Although deployment can be stressful, efforts like these can help alleviate the tension. According to USO research, 94 percent of surveyed service members reported that USO Programs ease their stress during deployment, and 96 percent feel more connected to loved ones during absence through the use of USO programs.

To learn more and discover ways to give back to military members and families, visit uso.org/uso-stands-ready-to-support.

“Although deployments are part of the journey for our service members and their families, the separation and uncertainty are among the most difficult aspects of life in the military,” said USO chief operating officer, Alan Reyes. “That’s why the USO always stands beside both service members and their families to strengthen and support them, especially during these short-fuse deployments.”



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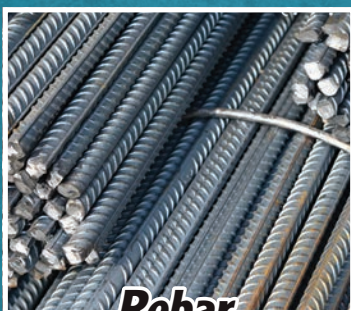
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Dishing up Kidney-Friendly Recipes

(STATEPOINT) If you are living with – or know someone who has – a rare kidney disease, you know how important it is to speak with your healthcare team about proper management strategies, including diet modifications. This is especially important for those living with autosomal dominant polycystic kidney disease (ADPKD), a rare, genetic disease that causes fluid-filled cysts to develop on and progressively enlarge both kidneys.

Chef Duane Sunwold knows all too well how proper nutrition can be an important approach when it comes to managing kidney diseases. He was diagnosed with a rare disease over two decades ago, and after trying different treatments for 18 months, he began discussing dietary changes to promote kidney health with his medical team.

“Like many newly diagnosed patients, I was working closely with my healthcare team on strategies that can effectively manage my condition,” said Sunwold. “As a chef I was particularly intrigued by adopting healthy eat-

ing habits that could positively affect my kidney health. While every condition and experience is different, I was thrilled that this approach helped my kidney disease.”

Kidney disease patients should speak with their healthcare team to understand the risks of disease progression as well as effective management strategies, such as what specific diet modifications may be appropriate for them. However, some general guiding factors include limiting sodium, eating smaller portions of protein, choosing foods that are heart healthy, and lowering phosphorus

CONTINUED ON PAGE 13 →

CIVIL LITIGATION PARALEGAL, LEGAL SECRETARY

The Janssen Malloy LLP is growing. We are looking for talented employees to join our team.

We are a ten-lawyer Humboldt County law firm, primarily handling plaintiffs' personal injury, nursing home litigation, real estate law, business transactions, estates and trusts, criminal defense, and health care law.

Our firm is top-rated on AVVO, and we have won numerous awards for trial lawyers of the year both statewide and nationally.

We have been serving Humboldt County for over forty-five years. We are looking for talented paralegals, and secretaries. If the following job descriptions interests you, send your resume to janssenlaw@janssenlaw.com.

As a legal secretary or paralegal in our firm, you will have a broad range of responsibilities. You must have experience working on civil litigation cases as you will be responsible for drafting documents, calendaring events and deadlines, putting documents into proper form, validly serving them, and timely filing them with the court. You will also have the opportunity to do investigative work.

Proficiency with Microsoft Word and Outlook, Excel and Adobe Acrobat is required. You must be highly organized and willing to work well in teams. This is a busy practice. You will rarely be asked to work evenings or weekends, but during the weekdays you will need manage multiple tasks and clients.

COMPENSATION

Compensation is commensurate with skills and experience. We are competitive with firms of our size and legal emphasis. Full time employees receive group health insurance and the opportunity to participate in the firm's generous profit-sharing plan.

QUALITY OVER QUANTITY

Since our firm thrives based on achieving excellent results and our clients' satisfaction, we are focused on the quality of our representation and adhering to the highest ethical standards. Our commitment to excellence makes this a rewarding environment to work in if you are looking to help our clients achieve justice.

Our home office is located in Eureka. But we have multiple employees working virtually in various locations at this time.



Redwood Coast Regional Center

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SOCIAL WORKER (Service Coordinator)

FT in Eureka, CA. Advocating & coord. services for indiv. w/ dev & intellectual disabilities. Requires BA w/exp in human services or related field. Sal range starts \$3665/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**



Northcoast Children's Services

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- Do you enjoy supporting children learn and grow?
- Are you looking for a meaningful profession?
 - Do you want a job that has evenings and weekends off?
- Would you love to find a job with a Hiring Incentive?
- Northcoast Children's Services may be what you're looking for!

Northcoast Children's Services provides early education and family support services to children and families from pregnancy to age 5. We offer home visiting services, infant toddler and preschool centers in a variety of locations in Humboldt and Del Norte counties.

We have a variety of full and part time positions working with children and families. We offer paid vacation, sick leave and holidays to all employees and an additional health insurance/cash benefit/dependent care option to full time employees. All employees may also obtain assistance with education and child development permits.

We are currently looking for people to join our team as housekeepers, cooks, teachers, assistant teachers, center directors and home visitors.

NCS will be providing quarterly retention incentives of \$750 per quarter for staff for the 2021-2022 school year. Staff must be employed for the whole quarter to be eligible. The quarters are:

- 1) August, September & October
- 2) November, December & January
- 3) February, March & April
- 4) May, June & July

New Hire Incentives are currently available to both full and part time employees. Full time employees who work 30 or more hours will receive an incentive of \$750. Part time employees, who work less than 30 hours will receive a \$500 incentive. Incentives are paid after 90 days of employment. In subsequent quarters, staff will be eligible for the retention incentive noted above.

Positions include vacation, holiday and sick leave benefits.

Full-time staff (30 hrs. per week or more) are eligible to participate in a Flexible Benefit Plan after 2 months of full-time employment.

Please visit our website or Facebook page for more information on how to join our growing team! <https://ncsheadstart.org/employment-opportunities/>

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NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

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**Medical Assistant
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We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment.

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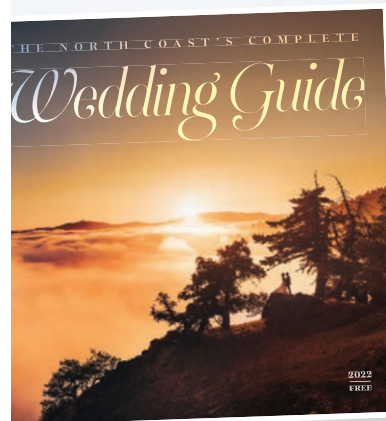
and families with an available room in their home to help support an adult with special needs. Work from the comfort and safety of your own home while making a difference in our community and changing someone's life for the better. Receive ongoing support and a dependable monthly payment.

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Dishing Up Kidney

← CONTINUED FROM PAGE 11

and potassium intake.

Delicious and Healthy Options

"Kitchen Creations for Kidney Health" is an assortment of kidney-friendly meals that are rich in flavor and meet several nutritional guidelines, including low-sodium options and plant-based dishes. If you or a loved one are living with a kidney disease like ADPKD, visit NephU.org/kitchen-creations for a number of healthy and delicious recipes to try. Recipes range from main dishes to appetizers to share, including the below crowd favorite:

White Bean Dip

6 servings

Ingredients:

1 (15 oz.) can cannellini beans, rinsed and drained

2 cloves roasted garlic

2 tablespoons lemon juice (juice of 1 lemon)

¾ cup oat milk

2 tablespoons chopped parsley

¼ teaspoon white pepper

1 teaspoon distilled vinegar

1 teaspoon onion powder

½ teaspoon garlic powder

½ teaspoon chives

½ teaspoon dried dill

Reminder: Canned and/or frozen foods such as beans, vegetables or fruit should be void of additional animal fats (e.g. lard), sodium, potassium, phosphorus, or sugar.

Directions:

In a food processor, combine beans, roasted garlic, lemon juice, oat milk, chopped parsley, white pepper, distilled vinegar.

Mix onion powder, garlic powder, chives, and dried dill. Add this blend to the food processor.

Blend ingredients until smooth.

Pour mixture into a bowl and chill in the refrigerator for 30 minutes before serving.

Serve with vegetables sticks like celery, carrots, peppers.

Disclaimer: Please be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some

people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

If you would like to view more kidney-friendly recipes or submit one of your own for consideration, go to NephU.org/kitchen-creations. And when you gather around the table to enjoy these dishes, take the time to address important conversations about family health history. By discussing the risk of inherited conditions like ADPKD, which has a 50 percent chance of being passed down to a child, you'll help empower your loved ones to speak with their healthcare team early on before the disease progresses. Despite ADPKD only impacting an estimated 140,000 American adults, it is the leading inherited cause of kidney disease and fourth-leading cause overall of end-stage renal disease.



To learn more about ADPKD, including tips on how to start the conversation with your family members, check out ADPKDQuestions.com.



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Intake Specialist (Social Work)

FT in Eureka, CA. Providing initial assessment of services for indiv. w/dev & intellectual disabilities. Requires BA w/exp in human services or related field. Sal range starts \$3665/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**



Redwood Coast Regional Center

Be a part of a great team!

Quality Assurance Specialist (Social Work)

FT in Eureka, CA. Management of RCRC QA plan for indiv. w/dev & intellectual disabilities. Requires BA w/exp in human services or related field. Sal range starts \$4100/mo. Exc. bene.

Visit www.redwoodcoastrc.org for more info & required docs. **EOE**

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NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

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RN/LVN
Executive Assistant
Medical Biller

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment. Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 2110.



NOW HIRING!

Southern Trinity Health Service is taking applications for the open positions at the

Weaverville Location

Front Desk Receptionist
Dental Assistant
Dental Support Manager

We are seeking a self-motivated, quick learning, and career-minded individual seeking long-term employment. Please send resume to hr@sthscclinic.org or call (707) 764-5617 ext. 2110.



Northcoast Children's Services

ACCOUNTING FISCAL SPECIALIST, Arcata

Duties include assisting w/ fiscal & general ledger analysis; assist w/ prep for annual audits & federal/state monitoring. Assist w/payroll & accounts payable. Req. 3 year's business related exp. Bachelor's degree in Business Administration or Finance/Accounting preferred, but not required. F/T 40 hrs./wk. \$20.52-\$21.55/hr. **Open Until Filled.**

CENTER DIRECTORS, Arcata

Overall management of Head Start & Partnership programs. AA/BA in Child Development or related field preferred. Must meet req. for Site Supervisor permit. 3 Infant Toddler units req. F/T 40 hrs./wk. M-Fri. \$20.00-\$22.05/hr.

Open Until Filled

CENTER DIRECTORS, Eureka, McKinleyville

Overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (AA req. BA/BS Degree in Child Development or a related field preferred). Req. a min. of 2 yrs. exp. working w/ preschool children in a group setting. F/T 40 hrs./wk. Mon-Fri (8am-4:30pm); \$20.00-\$22.05/hr.

Open Until Filled.

TEMPORARY CENTER DIRECTOR, Rio Dell

Responsibilities include the overall management of a Head Start center base program. Must meet Teacher Level on Child Development Permit Matrix, plus 3 units in Administration (BA/BS Degree in Child Development or a related field preferred). Req. a minimum of 2 years' exp. working w/ preschool children in a group setting. Temporary F/T 40 hr./wk. \$20-\$22.05/hr. **Open Until Filled.**

ASSOCIATE TEACHER, Orleans

Assists teacher in the implementation & supervision of activities for preschool children. Req. a min. of 12 ECE units—including core classes—and at least 1-yr. exp. working w/ children. F/T 32 hrs./wk. \$17.00-\$17.85/hr.

Open Until Filled.

TEACHERS, Eureka, Arcata

Develop & implement classroom activities for toddler children. Must have 12 core in ECE/CD (w/ 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher Level on the Child Development Permit Matrix, & have 1-yr. exp. teaching in a toddler setting. P/T positions, 28 hrs./wk. M-F \$17.50-\$19.30/hr.

Open Until Filled.

TEAM TEACHERS, Arcata, Fortuna

Develop & implement classroom activities for toddler children. Must have 12 core in ECE/

CD (with 3 units in Infant/Toddler Development or Curriculum), meet Associate Teacher level on Child Development Permit Matrix, and have 1-yr. exp. teaching in a toddler setting. F/T 37.5 hrs./wk. M-F. \$17.75-\$18.64/hr.

Open Until Filled.

ASSISTANT TEACHERS, McKinleyville, Eureka Fortuna

Assist teacher in the implementation & supervision of activities for preschool children. Min. of 6-12 ECE units preferred, not required, & 6 months' exp. working w/ children. P/T 25 hrs./wk. M-Fri \$15.00-\$16.54/hr.

Open Until Filled.

INTERPRETER, Eureka

Assist in interpreting in class, at parent meetings & on home visits for children & families. Bilingual Spanish required. Must have 6 months' exp. working w/ children & families. Prefer 6-12 units in Early Childhood Education. P/T 16 hrs./wk. (8:30am-12:30 M-Thurs). \$15.00-\$16.54/hr.

Open Until Filled.

HOUSEKEEPERS, Eureka

Perform duties required to keep site clean, sanitized & orderly. Must have exp. & knowledge of basic tools & methods utilized in custodial work & have the ability to learn & follow health & safety requirements. P/T 16 hrs./wk. \$15.00/hr. Late afternoon/evening hours, flexible.

Open Until Filled.

Please note: Per grant requirements, All NCS staff are required to submit proof of a complete COVID -19 vaccination, except those who are granted an exemption. All staff who are eligible for an exemption must undergo weekly testing for SARS-CoV-2 infection. All staff must wear face coverings regardless of vaccination status. Please contact Administrative Services if you need information regarding vaccinations or exemptions.

Submit applications to
Northcoast Children's Services
1266 9th Street, Arcata, CA 95521.
For addtl info & application please call 707-822-7206 or visit our website at www.ncsheadstart.org

Take a Color-Themed Approach for More Attractive Arrangements

by Melinda Myers

GROWING DAHLIAS is a must for anyone who loves cutting and arranging flowers. But there are hundreds of beautiful dahlia varieties to choose from and that can be overwhelming. To make the selection process easier, choose compatible colors that will look good together in the garden and in arrangements.

The combination of peach and burgundy is both striking and sophisticated. Peach-colored flowers add a fresh and soothing feel to the garden. Dahlia American Dawn is a blend of peach, mango and papaya with plum-purple highlights. Good partners include other varieties in the same warm, sunset tones, such as dinnerplate dahlia Belle of Barmera, decorative dahlia Great Silence and ball dahlia Maarn.

Planting dahlias in a perennial garden ensures non-stop color from July into October. The fluttering, melon-colored blooms of HS Date work particularly well, due to this variety's maroon foliage and open growth habit. Complete your peach

and burgundy theme with the dark-hued flowers of Rip City. These large, velvety flowers are almost black in the center and soften to wine-red toward the petal edges. Add ball dahlia Jowey Mirella for blooms that are smaller in size yet equally striking.

For another eye-catching color combination, narrow your selection to dahlias with purple and hot-pink flowers. Historically, purple was associated with royalty, spirituality and knowledge. While pastel purple evokes a sense of calm and serenity, deeper tones add drama and excitement. Dinnerplate dahlia Lilac Time is an heirloom variety with fluffy, lavender blooms that can measure eight to ten inches across. Be sure to also include flowers in juicy grape and violet hues such as dahlias Thomas Edison, Cartouche and Purple Taiheijo.

Complement these moody purples with vivid pink dahlias. Burlesca is a cute little pompon dahlia with tightly rolled petals that reveal hints of peach, burgundy and



This floral arrangement combines burgundy colored Tamburo dahlia with the peach hues of HS Date, Maarn, Linda's Baby and Belle of Barmera dahlias. Photo courtesy of Longfield-Gardens.com

violet. Fascination's rose-pink, semi-double flowers contrast beautifully with the plant's dark foliage and the blossoms are irresistible to bees and butterflies. Ball dahlia Rocco is an all-star variety that is long lasting in both garden and vase.

If you prefer pastels to brights, choose dahlias in shades of pale yellow, soft pink and cream. The enormous flowers of dinnerplate dahlia Café au Lait are a must. Complement them with ball dahlias such as peachy Linda's Baby or buttery Boom Boom yellow. Decorative dahlia Fluffles has taffy-pink petals that fade to white, while Milena Fleur's are a mélange of pink,

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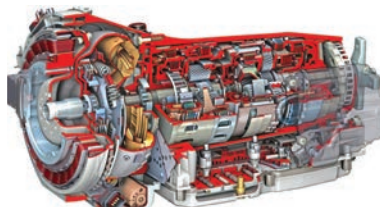
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Gardening

← CONTINUED FROM PREVIOUS PAGE

peach and pale butterscotch.

When you start with flowers in compatible colors, designing floral arrangements becomes so much easier. You'll have all you need to quickly create a centerpiece for any gathering, an impressive bouquet for your own home, or an informal handful of blooms to share with friends.

For more tips about cut flowers, read the Longfield Gardens article *How to Design a Cutting Garden* (www.longfield-gardens.com).



Melinda Myers is the author of more than 20 gardening books, including *Small Space Gardening*. She hosts *The Great Courses* "How to Grow Anything" DVD series and the *Melinda's Garden Moment* TV & radio program. Myers is a columnist and contributing editor for *Birds & Blooms* magazine and was commissioned by Longfield Gardens for her expertise to write this article. Her web site is www.MelindaMyers.com.

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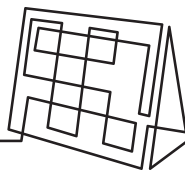
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Calendar

March 22 - April 5, 2022



Virtual World

ARTS & CULTURE

CraftBoston: Pins + Needles. Mondays. Virtual World, Online. Online show of nearly 80 national artists bringing intricate techniques and unexpected materials to wearable art, including pins, brooches, scarves and jewelry. Includes Eureka artists Norman Sherfield and Erin Austin. www.societyofcrafts.org/pins-and-needles/.

Equity Arcata's Community Book Club. First Monday of every month, 4-6 p.m. Virtual World, Online. Alia Dunphy and Meridith Oram discuss Adrienne Marie Brown's book *Emergent Strategy: Shaping Change, Changing Worlds*. On Zoom. Register online. www.equityarcata.com.

KMUD Virtual Film Festival. Sun., March 27. Virtual World, Online. This three-day series features shorts and full-length films by Mendocino, Humboldt, Trinity and Del Norte County local filmmakers. All films will be available for viewing two weeks following their release date. Go to www.KMUD.org for tickets, films, sponsors and more information.

LOBA Poetry Series - Open Mic. Last Thursday of every month. Virtual World, Online. A live virtual open mic poetry reading on Zoom on the last Thursday of each month. Open to both teens and adults. Share poems in any form or style, or just listen. Registration is required. Contact Melissa at the Ukiah Library for the Zoom link: carrm@mendocinocounty.org. Free.

On the Same Page Book Club. Wednesdays, 5:30 p.m. Virtual World, Online. Online book club that meets on the first Wednesday of the month on Zoom. Sign up using the Google form at

www.forms.gle/bAsjdQ7hKGqEgJKj7.

Shelter n Play. Fridays, 6 p.m. Virtual World, Online. Public group on Facebook made up of local musicians and music fans. Live streams, videos, events and local music links. www.facebook.com/groups/224856781967115.

LIFESTYLE & COMMUNITY

English Express: An English Language Class for Adults. Ongoing. Virtual World, Online. This class offers pronunciation, speaking, reading, writing, vocabulary, verb conjugations and common expressions. All levels welcome. Join anytime. Free. www.englishexpressempowered.com.

ESL Zoom Class by Humboldt Literacy Project with Jose Quezada. Mon., March 28, 10:30-11 a.m. Nuevo. *Gratis. Local. Clases de ESL por Zoom. Hablar, leer y escuchar en Ingles. Escuchando, viendo y haciendo con ZOOM.* *Gratis.* literacyhelpers@gmail.com. www.facebook.com/HumboldtLiteracyProject. (707) 445-0655.

MARZ Project. Tuesdays-Fridays, 12-5 p.m. Virtual World, Online. Humboldt and Del Norte county youth ages 12 to 26 learn to express themselves creatively in visual art, audio and video production. All MARZ students have free access to equipment, software and training. Meets via Zoom by appointment. Free. marzproject@inkpeople.org. (707) 442-8413.

Nordic Aquafarms Open Zoom. Wed., March 23, 12:30-1:30 p.m. and Wed., March 30, 12:30-1:30 p.m. Virtual World, Online. This is a causal open Zoom meeting where people can ask questions and discuss the proposed Nordic Aquafarms project. satkinssalazar@gmail.com. www.uso2web.zoom.us/j/85356158130.

Sistahood. Saturdays, 9:30-11 a.m.

Virtual World, Online. For women teenagers and older on Zoom, to build healthy relationships and strengthen ties through validation and affirmation. Music from 9:30 a.m., open conversation from 9:45 a.m., meditation with the Sista Prayer Warriors from 10:45 a.m.

Ujima Parent Peer Support. Thursdays, 6:30-7:30 p.m. Virtual World, Online. For BIPOC families. See the HC Black Music and Arts Association Facebook page for more information. hblackmusicnarts@gmail.com.

Volunteer Orientation Food for People. Mondays, 3:30-4:30 p.m. and Thursdays, 3-4 p.m. Help fight hunger and improve nutrition in the community. Visit the website to be invited to a Zoom orientation. Free. volunteer@foodforpeople.org. www.foodforpeople.org/volunteering. (707) 445-3166 ext. 310.

Curry County

ARTS & CULTURE

Watercolor Meetup Group. Thursdays, 3-6 p.m. Curry County Public Library, 94341 Third St., Gold Beach. Interested in watercolor? Bring your projects and work on them with other painters. Drop in the upstairs conference room. Beginners welcome. While this is not a class, there are experienced painters in the group who can help get you started.

LIFESTYLE & COMMUNITY

Brookings-Harbor Farmers Market. Wednesdays, 10 a.m.-3 p.m. and Saturdays, 10 a.m.-3 p.m. Brookings-Harbor Farmers Market, 15786 U.S. Highway 101, South Brookings. Produce, artisan foods, baked goods, grass-fed beef, crafts and more. Look for the big white tents. Open year-round, rain or shine.

OHA Vaccine Clinic. Tuesdays, 11 a.m.-4 p.m. and Wednesdays, 11 a.m.-4 p.m. Curry County Public Library, 94341 Third St., Gold Beach. This COVID-19 vaccine event is held by the Oregon Health Authority. Vaccines offered: Pfizer, Johnson & Johnson, Pfizer age

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Calendar

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5 to 11 and Moderna. No appointment needed, walk-ins welcome. For more info, go to www.currypubliclibrary.org/event/oha-community-vaccine-event.

Puzzle Exchange. First Tuesday of every month, 11 a.m.-noon. Gold Beach Community Center, 29841 Airport Way. First Tuesday of every month.

Del Norte County

LIFESTYLE & COMMUNITY

Ocean Air Farms Farm Stand. Saturdays, 10 a.m.-3 p.m. Ocean Air Farms, 2420 Moorehead Road, Crescent City. Roadside farm stand offering home-grown organic veggies and produce.

Humboldt County

ARTS & CULTURE

An Evening of Shorts. Thu., March 24, 7 p.m., Fri., March 25, 7 p.m., Sat., March 26, 2 p.m., Thu., March 31, 7 p.m. and Fri., April 1, 7 p.m. AHS Fine Arts Center, 1720 M St., Arcata. A collection of short plays including Madeline George's *Flip Turn*, Jonathan Caren's *Dance Company*, and the short musical *21 Chump Street* from Lin Manuel Miranda. Tickets online. Contact venue for current COVID protocols. \$12, \$ students/seniors.

Artisan Outdoor Furniture and Art. Fri., April 1, 12-6 p.m. and Sat., April 2, 9 a.m.-6 p.m. Monument Settings, 3028 Alliance Road, Arcata. Monument Settings concrete furniture, Redwood Humboldt redwood and reclaimed furniture, and Primitive Roots wood-working, resin tables and art. info@redwoodhumboldt.com. www.monumentsettings.com.

Cannabis Studies Speaker Series.

Wed., March 30, 5:30-7 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. The Cannabis Studies Speaker Series opens with a webinar presentation by Laura Herrera on the Administration of Cannabis Social Equity Programs in California. Free. soc@humboldt.edu. www.humboldtstate.zoom.us/j/83235585916?pwd=d2tMbVV0WTU4KoYxV3JNkVkw1SFc4UT09. (707) 826-3142.

Carnaval - The Santana Tribute. Sat., April 2, 8-11 p.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. Hear all the hits live by the touring Carlos Santana tribute band. \$30 table for two, \$60 table for four.

Dances of Brazil. Thursdays, 5:30 p.m. Redwood Raks World Dance Studio, 824 L St., Arcata. Learn Brazilian dances with instructors Rocío Cristal and María Vanderhorst. All levels. Limited

to five people. Register online. \$15. talavera.rocio@gmail.com.

Eureka Chamber Music Series. Sat., March 26, 7:30-9:30 p.m. Calvary Lutheran Church, 716 South Ave., Eureka. Visiting classical music artists present intimate concerts. Pacifica String Quartet (Mar. 26). Masks and proof of COVID-19 vaccination required. \$40. admin@eurekachambermusic.org. www.eurekachambermusic.org.

Gondwana/E.N. Young & Imperial Sound. Sun., March 27. Mateel Community Center, 59 Rusk Lane, Redway. Reggae from Chile. All ages. Food and drink served. Full bar. Contact venue for COVID protocols. \$25, \$22 advance. www.mateel.org.

Hunks: the Show. Fri., April 1, 6:30-8:30 & 9:30-11 p.m. Bear River Casino Resort, 11 Bear Paws Way, Loleta. All-male review. Two shows. In the Tish Non ballroom. \$50 table for two, \$100 table for four.

Movies in the SAC: *The VVitch* (2015). Fri., March 25, 8-10 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. The Student Activity Center hosts weekly movie nights with classics and new blockbusters in the West Lounge. Patrons may bring their own food. Free. sac@humboldt.edu. www.sles.hum

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www.sudoku.com

boldt.edu/sac/. (707) 826-3928.

Wellness Night at the SAC: Painting with Bob Ross. Wed., March 30, 7-9 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. The Student Activity Center hosts weekly wellness nights. This week is painting with Bob Ross. Free, supplies included. sac@humboldt.edu. sls.humboldt.edu/sac/. (707) 826-3928.

LIFESTYLE & COMMUNITY

Abbey of the Redwoods Flea Market.

First Saturday of every month, 8 a.m.-4 p.m. Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. Local arts, products, goods. Free entry.

April Trash Bash - Eureka. Sat., April

2, 8:45-10:30 a.m. MOD Pizza, 2626 Broadway St. Suite D, Eureka. Meet at Vigo St. next to MOD Pizza. Join them at 8:45 a.m. for a complimentary bagel before getting started. Free. ecoeureka@ci.eureka.ca.gov. www.ecoeureka.org/event-details/april-2022-trash-bash. (707) 441-4206.

Arcata Plaza Farmers Market. Saturdays, 10 a.m.-2 p.m. Arcata Plaza, Ninth and G streets. Humboldt County grown and GMO-free produce along with plants, meats and more. Educational materials including a seasonal eating guide, recipes and merchandise available. Always open rain or shine. Free. info@northcoastgrowersassociation.org. www.northcoastgrowersassociation.org. (707) 441-9999.

Audubon Guided Birding Walk. Sat., March 26, 8:30-11 a.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Michael Morris at the end of South I Street (Klopp Lake). RSVP by text. Free. thebook@reninet.com. www.rras.org/home.aspx. (707) 499-1247.

Bike and Hike Day. First Saturday of every month. Prairie Creek Redwoods State Park, 127011 Newton B Drury, Orick. Enjoy the parkway through the redwoods the first Saturday of every month through May while it's closed to motor vehicles. Leashed dogs welcome. Free.

CONTINUED ON NEXT PAGE →



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Calendar

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Broom Pull in Sinkyone Wilderness.

Sat., April 2, 10 a.m.-1 p.m. Sinkyone Wilderness State Park, Briceland Road, Whitethorn. Help remove French broom. Tools and gloves provided. Bring water and a snack if needed and wear sturdy shoes and layers. Meet at the Jones Beach trailhead. Parking is limited and carpooling is recommended. Heavy rain cancels. Free. Michelle.Forys@parks.ca.gov.

Camping Gear 101 Workshop. Sat., April 2, 10 a.m.-1 p.m. Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Topics include tent set-up, operating a camp stove, building a campfire, cooking outdoors, backpacking for beginners and more. Camp-themed snacks provided. Free. info@friendsofthedunes.org. www.friendsofthedunes.org. (707) 444-1397.

Casino Night at the SAC. Sat., March 26, 8-11:55 p.m. Cal Poly Humboldt, 1 Harpst St., Arcata. Enjoy mocktails, finger food, roulette, craps, blackjack, poker and magician Wes Mathison. All ages. Free. carts@humboldt.edu. www.sles.humboldt.edu/sac/. (707) 826-3928.

Daffodil Show. Sat., March 26, 1-5 p.m. and Sun., March 27, 10 a.m.-5 p.m. Fortuna River Lodge, 1800 Riverwalk Drive. Sales of over 40 types of daffodils at the 47th annual show. Flowers are \$15 ea. or 2/\$25. Masking requested. Presented by the Fortuna Garden Club. Free admission. glenmarheather@yahoo.com. (707) 616-9555.

Downtown Arcata Ball. Fri., March 25, 6-9 p.m. Arcata Theatre Lounge, 1036 G St. Join Arcata Main Street for this dance party with music by the California Poppies and others. Dress in black/white/metallic (casual-fancy) and enjoy a night downtown. \$25. arcatamainstreet@gmail.com. www.arcatamainstreet.com/annual-membership-meeting. (707) 822-4500.

Family Fun Series. March 31-April 16. Arcata Playhouse, 1251 Ninth St. The Family Fun Series is back, presented by

the Arcata Playhouse. This year's events will be held in a big top circus tent in the Creamery District. Headline performers are David Gonzalez with Cuentos: *Tales from the Latino World*, clown duo Coventry & Kaluza, singer/songwriter and fiddler Laurie Lewis and the 16th annual Cirque du Schwazee.

FOAM Marsh Tour. Sat., March 26, 2 p.m. Arcata Marsh and Wildlife Sanctuary, South I Street. Meet leader Barbara Reisman in the lobby of the Interpretive Center on South G Street for a 90-minute, rain-or-shine walk focusing on plants and/or marsh ecology. Masks are recommended but not required inside the building, regardless of COVID vaccination status. Free. (707) 826-2359.

From the Floor to the Canopy. March 28-April 1, 4-5:15 p.m. Natural History Museum of Cal Poly Humboldt, 1242 G St., Arcata. An after-school enrichment program about forests suited for 7 to 12 year olds. Register by March 22. \$25, \$20 NHM members. natmus@humboldt.edu. www.natmus.humboldt.edu.

Guided Walk at Founders Grove with Nature Guide Griff. Saturdays, 11 a.m.-noon. Humboldt Redwoods State Park, 17119 Avenue of Giants, Weott. The Founders Grove loop trail is less than a half-mile long and is ADA accessible. There will be frequent stops to discuss the redwoods, the history of the land and the wildlife. Free. John.griffith@parks.ca.gov. www.humboldtredwoods.org.

Humboldt Flea Market. First Sunday of every month, 9 a.m.-3 p.m. Arcata Community Center, 321 Dr. Martin Luther King Jr. Parkway. New location. Masks and safe social distancing required. Browse antiques, collectibles, tools, records, clothes, crafts, pies, jams and more. \$2, free for anyone under the age of 13.

Humboldt Math Festival. Sat., April 2, 12-4 p.m. Adorni Recreation Center, 1011 Waterfront Drive, Eureka. Hands-on fun with puzzles, games, contests, demos and make-&-take activities. Explore math's connection to science, technol-

ogy, engineering and art, along with college and career info. Please bring your mask. Free. kbpinkerton@yahoo.com. www.humboldtmathfestival.weebly.com. (707) 845-7465.

Redwood Poetry Festival. April 4-10. Countywide, Locations throughout Humboldt County, Humboldt. Poets from across the country will be descending on Eureka and Humboldt County for a week of open mics, workshops, community building, healing, Jabberwalking and more.

Seabird Community Science Program Training. Wed., March 23, Sat., March 26, Sun., March 27 and Tue., March 29. Trinidad Coastal Land Trust, 380 Janis Court. Help gather information about seabird and marine mammal populations to help them thrive along the Trinidad Coast. Community scientists must attend two evening Zoom sessions and one weekend field session. Register in advance online. www.trinidadcoastallandtrust.org/calendar.html.

Stationary Birding & Wildlife Viewing at Moonstone Beach. Fri., March 25, 5:30-7 p.m. Moonstone Beach, Moonstone Beach Road, Westhaven. Join trip leaders Janelle Chojnaki and Andrew Orahoske for a stationary birding adventure that may also include migrating gray whales and sunset. Picnic blankets and camping chairs are encouraged, as are binoculars and spotting scopes. Free. janelle.choj@gmail.com. www.rras.org/home.aspx.

Stewardship Work Days. Sat., April 2, 9 a.m.-noon. Trinidad Coastal Land Trust, 380 Janis Court. Celebrate spring with the Trinidad Coastal Land Trust by helping remove invasive plant species from our coastline and maintain safe and reliable public trails. Email to sign up. zoe@trinidadcoastallandtrust.org. www.trinidadcoastallandtrust.org.

Trinidad Flea-Art. First Saturday of every month, 11 a.m.-3 p.m. Trinidad Town Hall, 409 Trinity St. Fine local art and more. Music by Flynn Martin. Call for info or to become a vendor. Although COVID mandates are being relaxed, the Health

Department recommends that people continue to wear masks indoors, especially if unvaccinated. Please practice social distancing and use sanitizer so all can be safe. (707) 834-8720.

Trivia Night. Every other Wednesday, 6-8 p.m. The Madrone Taphouse, 421 Third St., Eureka. Reel Genius Trivia hosts. Free. www.reelgeniustrivia.com.

Trivia Night. Fri., March 25, 5-7 p.m. Papa & Barkley Social, 4325 Broadway, Eureka. General trivia with prizes. 21 and up event. Free. retail@humboldt-social.com. www.papaandbarkleysocial.com/events.

Trivia Night. Thu., March 24, 6-8 p.m. Scotia Lodge, 100 Main St. Scotia Lodge is partnering with Reel Genius Trivia for a fun trivia night with prizes. Free. hello@humboldt-social.com. scotia-lodge.squarespace.com/events-calendar/.

Wigi Wetlands Volunteer Workday. Sat., March 26, 9-11 a.m. Wigi Wetlands, Behind the Bayshore Mall, Eureka. Help create bird-friendly native habitat and restore a section of the bay trail by removing invasive plants and trash. Meet in the parking lot directly behind Walmart at the Bayshore Mall. Tools and packaged snacks provided. Please bring your own water, gloves and face mask. Free. jeremy.cashen@yahoo.com. www.rras.org/home.aspx. (214) 605-7368.

Mendocino County

ARTS & CULTURE

Mendocino Community Jam. First Sunday of every month, 3-5 p.m. Community Center of Mendocino, 998 School St. A gathering of people who enjoy creating music with others. We'll go around the circle and when it's your turn, you can lead a song, choose a song and ask others to lead it, or pass. Feel free to bring songs to share. The *Rise Up Singing* books are full of good songs. Instruments welcome. Free.

LIFESTYLE & COMMUNITY

First Friday Art Walk. First Friday of ev-

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Calendar

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ery month, 5-8 p.m. Downtown Ukiah, Ukiah. Join artists and their hosts for an evening of art, music and refreshments as you stroll from one venue to the next; each showcasing local art and artistry.

Fort Bragg Farmers Market.

Wednesdays, 2-4:30 p.m. Fort Bragg Farmers Market, N Franklin St. & E Laurel St. Seasonal fruits, vegetables, organic and free range beef and pork and eggs, wild-caught local fish and seafood, artisan goat cheese, sweets, breads, flowers and plants. Plus, hot food, live music.

Gardens Docent Training. Wednesdays, 9:30 a.m.-12:30 p.m. Mendocino Coast Botanical Gardens, 18220 North Highway 1, Fort Bragg. Learn to be a garden leader and steward of Mendocino Coast Botanical Gardens' collections. Each session will include classroom instruction and a walk through the Gardens to become familiar with collections, trails and MCBG history. Please RSVP to gardenmanager@gardenbythesea.org. www.gardenbythesea.org.

Historic Walking Tours of Mendocino.

Saturdays, Sundays. Guest House Museum, 343 N Main St., Fort Bragg. Join local history experts on a two-hour walk through Mendocino's famous Historic District. Book via email. Face coverings required. Well-behaved dogs allowed but must remain outside at some stops. \$50 for up to four people, \$75 for party of six. tours@KelleyHouseMuseum.org.

Ukiah Farmers Market. Saturdays, 9 a.m.-noon. Alex Thomas Plaza, School and Clay streets, Ukiah.

Lake County

LIFESTYLE & COMMUNITY

Lakeport Farmers Market. Saturdays, 10 a.m.-1 p.m. Lake County Fairgrounds, 401 Martin St., Lakeport. Rain or shine.





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By Slim Randles



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You know where it is. Hey, s'only bookstore we got. Jes' cruise on over to the section she calls "Love and other fiction," and a-fore you can say Robinson Croozer, Sarah McKinley, herself, will come over to help.

"Sarah knows where all the good ones are. Hey, you want one a-them books to keep you awake all night? She knows which ones'll do that. You wanna fall asleep fast? Ask her for *A Cowboy's Guide to Growin' Up Right* by Slim Randles."

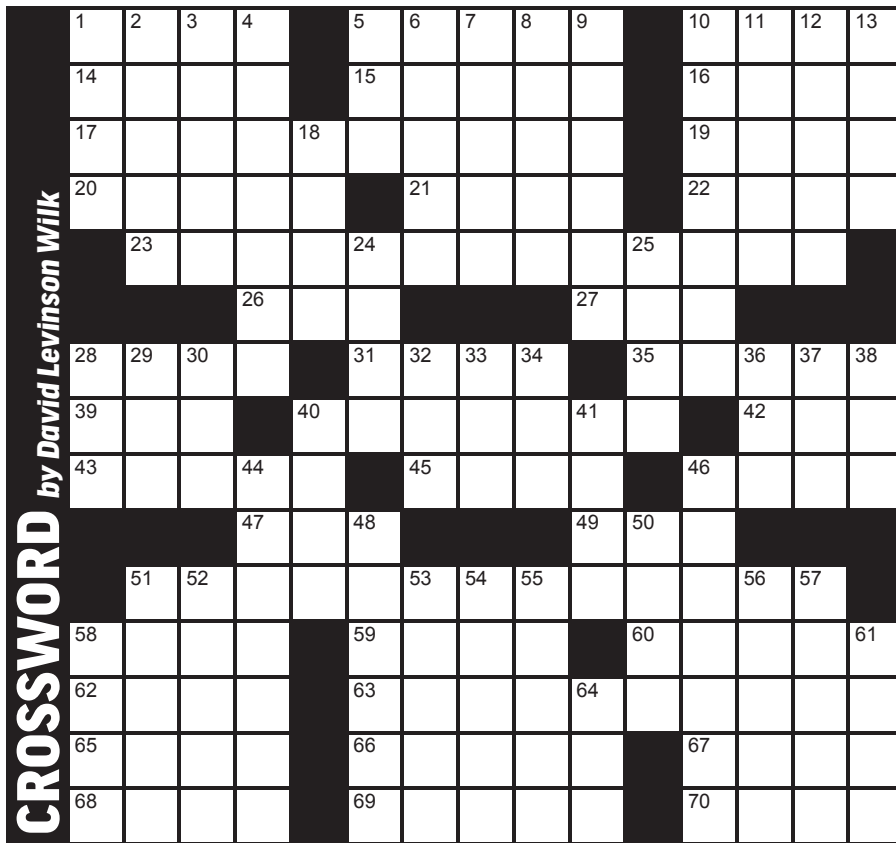
Windy turned the car around at the edge of town and started back.

"And while you're assumptionin' all that there wisdom from the books, keep in mind this year phrase ... Why, I bet ol' Windy coulda wrote one or two a-them books his ownself. And you know, thass why you'll prolly write to the folks at Oxford Shoes University or mebbe Notorious Dames University 'bout getting' ol' Windy his very own honorary degree.

"Now while you're puttin' all them keen sentences together, might jes' as well do it down at Delbert Chin's Gates of Heaven Chinese joint. You see, Delbert'll give you some tea and mebbe some a-that good muleshoe pork while you're busy writin' that letter for Windy on them free gen-oo-wine paper napkins.

"All you rilly need is a pencil or somethin' else to write with. And think what a great way this'd be to say much obliged to all the cowboy camp cooks you know." ♦

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PEATS — Answers in the next edition

ACROSS

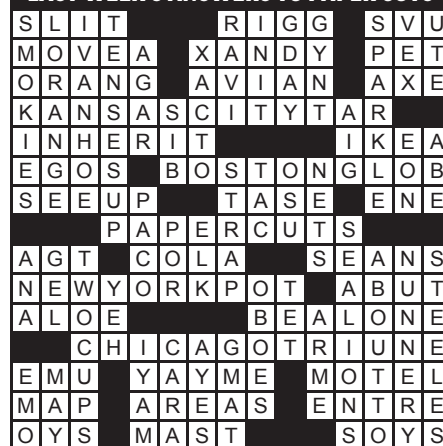
1. The "Y" of fashion's YSL
5. Accumulate
10. Place of research: Abbr.
14. Rights org. since 1920
15. Prozac alternative
16. T. Rex, e.g.
17. Baseball player who only bats visiting the Piazza San Marco?
19. Baseball card factoid
20. Tyler of "The Talk"
21. Bit of filming
22. Schnauzer sounds
23. Statement of great appreciation for bog mosses?
26. Mao ___-tung
27. Ambulance letters
28. A lot of a Maine forest
31. Edison's middle name
35. Herbert Hoover, by birth
39. "We ___ the 99%"
40. Where Judi Dench's character stores her gym bag in Bond films?
42. "Hip! Hip! Jorge!"
43. Willem of "Platoon"
45. Kind of contraception
46. Go soft
47. Hawaii's Mauna ___
49. Org. with a radon hotline
51. Give a captain's superior a licking for being too low-pitched?
58. "History of Rome" author
59. Among the 1%, so to speak
60. "Same with me"
62. Not a facsimile: Abbr.
63. Query to the family when deciding what to do for dinner ... or this puzzle's theme
65. "___, Brute?"
66. [Bo-o-oring!]
67. Skips, as class
68. Curds and ___
69. Ranch workers
70. "One other thing ..."

DOWN

1. When tripled, a Seinfeld catchphrase
2. Program blocker
3. Beethoven dedicatee
4. Beachgoers' protection
5. Gorilla, e.g.
6. NFL's ___ Te'o
7. Like a Frisbee's symmetry
8. 2007 documentary about the health care system
9. 45 holder
10. "Sounds about right to me"
11. The "N" of TNT
12. Real mess
13. Tater ___
18. Textile factory containers
24. It can be airtight or waterproof
25. Dubai ruler
28. Latest sensation
29. Roth ___
30. Make calls
32. John, to Elton John
33. TiVo precursor
34. Going by, for short
36. Blue state?
37. The works
38. Circus safeguard
40. Track ___
41. K-5: Abbr.
44. Nice enough fellow
46. Mediterranean island where Rafael Nadal was born
48. From the top
50. El ___, Texas
51. Coming out event?
52. Certain online request
53. Rainforest vine
54. Follow, as a tip
55. You always pass it on your way home
56. Two-time National League batting champ Lefty
57. Trounces
58. MGM founder Marcus
61. "Wishing won't make ___"
64. Super Mario Bros. console, for short

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